



# Base Bulletin

Vandenberg AFB, CA 93437-0759



16 Jul 2003

No. 29

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via email to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCSP-DCI by noon Friday, the week before you want your item to appear. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

## SECTION II — OFFICIAL

### 1. Team Vandenberg:

**a. Retirement Ceremony:** Major Peter Bako, 30 Civil Engineer Operations Commander cordially invites you to the retirement ceremony of Chief Master Sergeant James H. Fisher, honoring 30 years of distinguished service. The ceremony will be held on 17 Jul 03, 1000 in Bldg 8500, in the Readiness Review Conference Room (RRC). A BBQ will be held at Cocheo Park following the reception. Cost is \$8 per person. POC: 30CES/CEOEA, TSgt Lisa Mitchell, 6-8057 or SSgt Karon Williams, 5-3544.

**b. Retirement Ceremony:** Lt Col Lee-Volker Cox, 30 OSS/CC, cordially invites you to the Retirement Ceremony of MSgt Richard Czap, honoring his 20 years of distinguished service, 18 Jul 03, 1400 at Building 7025 in the Western Range Operations Control Center (WROCC) Auditorium. POC: 30OSS/OSOC, MSgt Richard Chavez-Hatton, 6-2940.

**c. Vandenberg Enlisted Action Team (VEAT):** 24 Jul 03, 1100 at GI Java. Please participate attend this meeting as we will be holding elections for this years officer's. We still need nominees for the following: President, Vice President, Secretary, Treasurer and Public Affairs. If you would like to nominate someone or yourself, please call the point of contacts. This is a very high profile and good organization to get involved in. POC: 30CES/CED, TSgt Murray, 5-6459 or SSgt Brown, 6-9782.

**d. Retirement Ceremony:** Captain Richard W. Branson requests the pleasure of your company at the retirement ceremony honoring MSgt Allen Saheim on 31 Jul 03, 1000 in Bldg 8415. Reception to follow at Cocheo Park. Please RSVP NLT 20 Jul 03. POC: 576FLTS/TMWMI, TSgt Danet or TSgt Camargo, 6-4199.

**e. Annual School Sports Physical:** 1 Aug 03, 1600-1800 by appointment only. Please bring the school's physical examination requirements (if any) along with your children (s) immunization record to the appointment. It is recommended that children are brought to the Immunization Clinic prior to 1 Aug 03 to have their immunization record reviewed in order to receive required immunizations. No TB tests will be placed or immunizations administered on 1 Aug 03. The appropriate attire for the students are as follows: T-shirts, gym shorts or sweat pants. Students that are not dressed in the attire mentioned may have to be rescheduled. Children must be enrolled in TRICARE Prime at Vandenberg AFB in order to make an appointment. A parent or legal guardian must accompany any child under 18 years of age. Appointments may be scheduled by calling 6-7707 Monday through Friday from 0730 to 1600. POC: 30MDG/SGAH, Capt Stacy Rosales.

**f. 30SFS 2003 National Night Out:** 5 Aug 03, 1800-2000. Schedule of events are as follows: 1645: Convoy of Police, Ambulance, and Fire Department vehicles through Base Housing and finishing behind the Youth Center. 1800: Security force members will deploy from a helicopter and deliver the National Night Out proclamation to the Wing Commander. 1830: Puppet Show. 1900: K-9 Demonstration. 1930: Puppet Show. There will also be free games, free prizes, free hot dogs, chips and soda, face painting, child fingerprinting, a rock wall and softball speed throw and much more. Kids will have the opportunity to meet

**TEAM VANDENBERG**

Crime Dog, McGruff, The Fire Prevention Dog, Sparky and Hawk Man. POC: 30SFS/SFMQ, SSgt Sadie Gorchess, 5-0785.

**h. JPASO Scheduling Conference Meeting:** 7 Aug 03, 1000 in Bldg. 7025, Western Range Operations Control Center Auditorium (WROCC). There will be a special Falcon TACSAT-1 presentation by Gwen Gurevich of Space Exploration Technologies during this meeting. Several range scheduling briefings are planned with presentations by representatives from JPASO Pacific area ranges including PMRF Barking Sands, HI, Naval Air Pt. Mugu, CA, 22 Space Operations Squadron, Peterson AFB, CO, U.S. Army Kwajalein Atoll and others discussing range instrumentation, maintenance and operations schedules and issues: POC: 30RANS/DOUS, Russell Johnson, 6-8985.

**i. 30 OG/MSG Quarterly Award Winners:** Lt Col Richard E. Lamb, 30 OG/CD, announces both the 30th Operations Group and 30th Maintenance Group Quarterly Award winners for the second quarter of 2003.

<b>30 OG:</b>	<b>Category</b>	<b>Squadron</b>
Capt Joseph Augustine	CGO	76 HF
MSgt Stephen LeBrun	SNCO	30 WS
SSgt Tonya Jones	NCO	30 OSS
SrA Michael Smith	Amn	30 WS
Peter Hedges	Civilian (Cat II)	30 RANS
MSgt Robert McCarty	Volunteer	2 SLS
<b>30 MXG:</b>	<b>Category</b>	<b>Squadron</b>
2Lt Bryan Carlson	CGO	30 SCS
MSgt Robin Fuller	SNCO	30 SCS
SSgt Darren Yingling	NCO	30 SCS
SrA Alex Wilkerson	Amn	30 SCS
Melissa Dekker	Civilian (Cat I)	30 SCS
Steven Olsen	Civilian (Cat II)	30 SCS

**j. Airmen Against Drunk Driving:** Call for a safe, free, no questions asked ride home. 605-AADD, 1700-0500, Thursday through Sunday. POC: 30CES/CCS, SSgt Lima, 6-3612.

**k. Wyoming Air National Guard Part-Time Openings:** Looking to leave active duty? Don't let your military time go to waste! Join the 243rd Air Traffic Squadron and the Wyoming Air National Guard. We have part-time opportunities for Radar, Radio, and Met Nav Maintainers, Power Pro, HVAC, Supply, Air Traffic Controllers, and Administration. Call now to find out how to apply for Palace Chase/Front. Cross trainee's welcome. For information call MSgt Jeri Keck at DSN 943-6071 or 1-800-832-1959 ext 6071, or call a recruiter at DSN 943-6188 or 1-800-742-9993. POC: 243ATC/SE, SSgt Randall Jeffries, 243ATC/SE.

## 2. 30th Space Communications Squadron:

**a. Emission Security:** EMSEC is a base-level program requiring compliance with equipment and system installation standards as outlined in AFMAN 33-214V2, Emission Security Countermeasures Reviews. This applies only to classified computers, systems, or facilities. For information on what the VAFB EMSEC program has to offer, check out our website at the following address: <https://milnet/wiao/emsec.htm>. POC: 30SCS/SCBI, TSgt Jimenez, 5-2352.

**b. New Publications:** 30SWI48-102 and 30SWI90-102 are now available on the VEPDL. POC: 30SCS/SCSP-DCI, Mary Meyer, 6-7892.

**c. Mailing Requirements For Boxes and Flats Weighing 16oz or more:** The USPS requires face-to-face acceptance of any box or package weighing 16oz or more from any customer--AF, DOD Civilian or Contractor. Boxes and or packages over 16oz may not be left at the Mailroom ADO for pick-up by BITC. Information Management personnel may receive a box from Air Force personnel and civilians in there building if they are aware of the contents. They must transfer it face-to-face to BITC personnel when they arrive on their scheduled mail run. All other boxes and or packages over 16oz must be presented in person to BITC, Bldg 7425, for franking and delivery to the USPS. In addition, any box, flat, or package over 16oz being mailed to an APO address or overseas must have a Customs Slip stating its contents and bearing the signature of sender. This is a safety and security requirement of the USPS DMM Regulation. POC: 30 SCS/SCBAP/ DCI/BITC, Janet Leininger, 6-7028.

**d. Pure Edge IMT Forms:** Most 30SW and all 14AF forms are now available on the E-Pubs website and on the AFSPC Forms site as well. They can be accessed and downloaded from: <http://www.e-publishing.af.mil/forms/Unit.asp?Unit=30SW>. POC: 30SCS/SCSP, Mary Meyer, 6-7892.

**3. Traffic Management Office:**

**a. Separating, Retiring or PCSing?** PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. POC: 30LRS/LGRT, SSgt Papa, 6-0904.

**b. It's Your Move:** If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on your upcoming move can be emailed to your computer. POC: 30LRS/LGRT, Maureen Burt, 6-6932/33.

**4. Civilian Personnel:**

**a. Voluntary Leave Transfer Program:** Annual Leave Donations continue to be needed for Carl A. Boettger. Mr. Boettger is a Heavy Mobil Equipment Mechanic assigned to the 30 LRS/LGRVMF here at Vandenberg. Mr. Boettger was initially diagnosed with inflammation of the membrane that lines the cavities of his heart (endocarditis). As a result of the endocarditis, he now requires surgery to correct the condition. An additional 296 hours of donated leave will be required to avoid a period of non-pay. Civilian employees who would like to donate a portion of their annual leave must complete an Optional Form 630-A. You can go by Building 11777, Room B-103 to pick-up and/or turn in your form. You can also access this form on the web at: [http://www.opm.gov/FORMS/PDF\\_FILL/opm630A.pdf](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf) (30 MSS/DPCE, 6-5847)

**b. Weingarten Right:** Federal civilian employees who are members of a bargaining unit have the qualified right to union representation during investigatory interviews/meetings. This Weingarten right is mandatory when the following four (4) conditions are met:

- The meeting between the employee and management official(s) must be an examination;
- The examination must be in connection with an investigation;
- The employee must reasonably believe that disciplinary action may result from the meeting; and
- The employee must request representation. POC: 30 MSS/DPCE, Mr. Paul Wiant, 6-5847.

**OFFICIAL**

**Frank Gallegos**  
**Colonel, USAF**  
**Commander**

**Mary E. Meyer**  
**Chief, Publishing Management**

**SECTION III — UNOFFICIAL****General Information:**

**a. Master Sergeant Selects BBQ:** 16 Jul 03, 1200 at Cocheo Park. Congratulations to all Team Vandenberg MSgt Selects! During the picnic, two guest speakers will be on hand to welcome you to the SNCO Corps and you'll be able to attend a Top 3 meeting. We highly encourage all wing and associate unit MSgt Selects to attend this auspicious occasion. Meals are free for MSgt Selects and the cost for others are \$5.00 per plate. The 30th Space Wing Top 3 Committee sponsors this. (30SCS/SCXP, MSgt Samuel Footman, 6-1221, e-mail [samuel.footman@vandenberg.af.mil](mailto:samuel.footman@vandenberg.af.mil), or MSgt Jessie Grice, 6-4321).

**b. Vandenberg Bass Club:** 16 Jul 03, 1700 at the Base Library. Interested in fishing? Are you new to the Base? Interested in competition with fellow anglers? Then our next tournament (a two-day event) will be 19 Jul 03 and 20 Jul 03, 0600 start at Pine Canyon Lakes. If you are interested in joining the Club call Mr. Cal Long at 6-3013 or E-mail: [calvin.long@vandenberg.af.mil](mailto:calvin.long@vandenberg.af.mil).

**c. Scuba Diving Class:** 17 Jul 03. Cost is \$175. All books, material and most of the equipment will be provided. This is a fully certify PADI Open Water Diver Course. So come join and join us. POC: Bob Johnson, 452-6218.

**d. Annual Airmen Appreciation Barbecue:** 18 Jul 03 from 1100-1500 at Cocheo Park. The Lompoc Valley Chamber of Commerce Military Affairs Committee, VAFB Credit Union, Santa Ynez Band of the Chumash

Indians and Vandenberg NCOA Chapter 62 sponsor this. The USAF Rock Band, "Galaxy", will provide music. (30SW/PA, 6-3595).

**e. Operation Baby Launch:** 21 Jul 03, 1700 at the Base Clinic Auditorium, 338 South Dakota Street. Pregnant??? Planning a family? You are invited to attend Operation Baby Launch sponsored by the 30<sup>th</sup> Medical Group. A great opportunity to learn valuable information on resources available from civilian representatives from our two local hospitals, TRICARE financial concerns, Vandenberg AFB Family Practice Clinic and much more. Receive a free formula kit, gifts and a free raffle from representatives. Spouses and partners are welcome. Registration is not required. (30MDG/SGAH, Capt Rosales, 5-8254 or Nancy Sias, 6-8217).

**f. Youth Center Registration:** 21 Jul 03 through 29Aug 03, 0700-1700 Mon-Fri at the Youth Center to register. Volunteers are needed to mentor and teach the joy of soccer to the boys and girls of Vandenberg. POC: 30SVS/SVYY, Kristi Bonneau, 6-2152.

**g. French Translator:** 21 Jul 03, 1300-1630, Public Affairs is hosting a group of French Foreign Exchange students for a tour. If you speak and can translate French or know of someone who does, please contact Public Affairs at 6-3595. POC: 30SW/PA, Jack Hokanson, 6-5814.

**h. Base Housing Residents:** If you use plastic trash bags for green waste, you now have a more environmentally friendly option! Beginning 31 Jul 03, the Self Help Store will provide biodegradable plastic or paper bags for your green waste free! Look for the display at the Self Help Store and use these bags instead of regular plastic. (30CES/CEV, Pat Maloy, 5-0544).

**i. NAF Used & Excess Items For Sale:** Bldg 10250 at the equipment check out. Items are for sale are as follows: Queen and twin mattresses and box springs; faux crystal goblets and glasses; ice buckets; limited edition artwork; lamp bases and other items all at rock bottom prices. (30SVS/SVML, Sheila Carrol, 6-5908).

**j. Attention Dorm Residents:** The parking lot behind dormitory building 13411 (Centaur Dorm) will be closed until further notice starting on 13 Jul 03 due to construction. Please utilize an alternate parking location until projected construction is completed. POC: 30 MSG/CCH, SSgt Molina, 6-3933.

**k. Peacekeeper De-Activation Coins are in:** Cost is \$7.00 each. Buy as many as you want. Morale Fund fundraiser. (576FLTS/TMGPS, MSgt Brian Church, 6-0285)

**Health and Wellness Center:** (30MDG/SGGZ to Pre-Register for classes call 6-2221)

**a. Tobacco Cessation Classes,** 6-week program that includes medication.

**b. Sensible Weigh,** 4-week weight/fitness class. Call for schedule and to sign up.

**c. Risk Reduction Classes:** Weekly classes meeting at the MDG that address Cholesterol, Diabetes, Hypertension and Weight. Topic varies; call for schedule and to sign up.

**d. Prenatal Exercise Class,** quarterly class. Next class in August, date to be determined.

**e. Breastfeeding and Infant Care Education Class,** a quarterly class. Next class in August.

**f. Show Me the Weigh,** a 16-week weight loss program.

**Chapel:** (30SW/HC, 6-5773)

**a. G.I. Java:** Is in need of your help. We are in need of Cookies/Snacks, and Soda donations. Sign up sheets are available after the service. Please help us support our troops at home. Any questions or to sign up please call SSgt Wilkins at 6-5773. Thank you for your support in this vital ministry to our troops.

**b. Food Pantry:** Next collection will be 26 and 27 Jul 03 at Chapel 1 & 2. Donations of non-perishable goods are needed for VAFB families; especially canned vegetables (string beans, peas and corn) and peanut butter.

**c. Worship Schedule: Catholic Mass:** Sat, 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II -- **Protestant** - Praise & Worship 0830 Sun, Chapel II; Gospel 1130 Sun, Chapel II; Traditional 1130 Sun, Chapel I.

**d. G.I Java:** Time for a Break! All dorm and Billeting residents are invited to come and enjoy FREE lattes, frappicinos, sodas, chips, and fellowship at a world-class CYBERNET CAFÉ!! Open 7 days a week, 1700-2100. Located in the Delta Dayroom across the street from Breakers Dining Facility. For further information, contact SSgt Jennifer Wilkins or Chaplain Mike Martin at 6-5773.

**e. 381 Training Group Chapel Events:** Come and join us for the following weekly events: Bible Study & Prayer on Wednesday's from 1130-1230 Group Conference Room (Bldg 8290). Praise & Worship Service, Friday's from 1730-1830 at the Group Auditorium (Bldg 8290). Pizza and Game Social in the Group Foyer from 1830-2000. (Bldg 8290). For more information call Chaplain Beeman at 6-8963.



**Family Support Center:** 30MSS/DPF (Call the listed contact to pre-register for all classes, workshops, etc.)

**a. Family Support Center:** (To pre-register for all classes, workshops, and seminars, call the designated point of contact.)

**b. Global Hearts Group Movie Night:** 18 Jul 03, 1800-2000 at the Chapel Annex. For children that have a family member who is scheduled to deploy within 45 days, who is already deployed, or within 45 days of having returned from a deployment, or on remote assignment or extended TDY. The night will feature a "kids" movie and a simple dinner. Children must be potty trained and between the ages of 4 and 12. Let Mom and Dad have some quiet time. Call the Chapel at 6-5773 to register your child.

**c. Global Hearts Group Event:** 19 Jul 03, 100-1230, Mz. Fix-itz Workshop at the Services Center (try and arrive by 1045). This fun, informative, hands-on workshop introduces women of all ages to a variety of hand power tools to take on their home improvement projects while their man is away. This program is for women whose spouse is deployed, on a remote assignment, or extended TDY, or if your spouse is within 45 days from a deployment. Contact MSgt Todd LeFebvre at 606-1607 or 606-0039 to sign up.

**d. Thrift Savings Plan:** 22 Jul 03, 1100-1200 at the Family Support Center. This 401K-type plan will allow military members the opportunity to accumulate long-term, tax-deferred savings. Get the information you need on enrollment, investment vehicles, and much more. Check out the thrift savings plan at [www.tsp.gov](http://www.tsp.gov). Contact Jimmy Camacho at 6-4491. This is an ATWIND Event!

**e. Single Parents Support Group:** Meets the fourth Tuesday every month, 1130 to 1300 at the Services Center. This is an opportunity for single parents to meet other single parents as well as discuss any stressors with their responsibilities at home or at work. Contact Linda Bastine at 6-9958. Registration is not required. This is an ATWIND Event!

**f. Winning Interviews & Setting a Professional Image:** 23 Jul 03, 1300-1530 at the Family Support Center. Learn the fundamentals of interviews, preparing for the interview, types of interviews, and what to expect. In addition, learn tips on what to wear and how to set a professional image during your interview. Contact Teresa Orozco at 5-8557 to sign up for this informative class. This is an ATWIND Event!

**g. Heart Link:** 31 Jul 03, 0830-1400 at the Family Support Center. Designed for the spouse new to the military, 5 years or less, to learn about the military lifestyle--mission, customs, traditions, protocols, services and resources. This is an opportunity to have fun and meet other spouses with breakfast and lunch included. Reservations are required. Ask about free childcare. Contact Teresa Orozco at 5-8557 for information or to register. Deadline to register is 25 Jul 03. This is an ATWIND event!

**h. Office Closure:** The Family Support Center will be closed for staff training every Monday from 0730-0930. Personnel requiring emergency Air Force Aid will be assisted. POC: Sally Galligan, 30 MSS/DPF, 6-0801.

**30<sup>th</sup> Services Squadron:** (30SVS/SVK, 6-0276)

**a. Auto Hobby Shop:** (30SVS/SVRA, 6-6014)

- **Auto Skills Classes:** By appointment. Tune-up and maintenance class for non-mechanics and equipment safety classes.

**b. Surf Lanes Bowling Center:** (30SVS/SVRB, 6-3209/734-1310)

- **Deployed Spouses Day:** Tuesdays, 0900-1200. Deployed spouses can play for just \$1 per game. All pre-school age children bowl for free with a paying parent.
- **Airmen's Night:** Thursdays, 1700-2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Thursdays, 1800-2100, Fridays, 2200-0100 and Saturdays, 2100-2400.
- **Peak Performer:** Come into Surf Lanes with your report card or peak performer certificate and receive a free game (with shoes) with one paid game.

**c. Breakers Dining:** (30SVS/SVMF, 6-7540)

- **Dial-a-Menu:** Call our telephone menu service at 6-8234 and find out what's being served in your dining facility.
- **Deployed Spouses:** Thursdays, starting at 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.

**d. Child Development Center:** (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out if you qualify.

**e. Family Child Care:** (30SVS/SVYD, 6-3255)

- **Providers:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Contact Gwendolyn Jones at 6-4639 or 6-3255.
- f. **Fitness Center:** (30SVS/SVMP, 6-3832)
  - **Home Run Derby:** 25 Jul 03, 1800. Catch home run fever as the Fitness Center hosts its home run Derby at Field 1.
- g. **Library:** (30SVS/SVMG, 6-4202)
  - **Pre-School Story Time:** Every Thursday at 1000.
  - **Dial-a-Story:** The phone number is 6-4300 (Available 24/7, changes each Sunday).
  - **Summer Reading Program:** The summer reading program is underway! Pick up your starter packets for this year's reading program. For children 3 through 13 years old.
- h. **Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)
  - **Youth Golf Lessons:** Saturdays at 1330. For youths ages 8 years and up. Cost is \$5 each session, includes use of rental club set and range balls.
  - **BBQ Lunch:** 17 Jul 03, 1100-1330. Menu is BBQ Sandwich with beans, chips and beverage for \$5.00.
  - **Summer Open:** 26-27 Jul 03. Entry fee is \$20. Sign up at the Pro Shop by 24 Jul 03 at 1500.
- i. **Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
  - **Whitewater Rafting Trips:** 19 & 26 Jul 03. Cost is \$65 per person. Departs at 0600 and returns at 2100 same day. Includes transportation and lunch.
- j. **Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)  
**Entertainment/Events:**
  - **70s & 80s Night:** 18 Jul 03, 2100-0200, in the Enlisted Lounge. Come on out for a great night of music and dancing with DJ Layton from 106.7 FM.
  - **Karaoke & DJ:** 18 Jul 03, 1900-2300, in the Officers' Lounge.
  - **Mug Night:** 19 Jul 03, 2100-0300, in the Enlisted Lounge.**Menu:**
  - **Pasta Mania Buffet:** 17 Jul 03, 1700-2000. Children 4 years and younger are free, children age 5-11 are half price.
  - **Sunday Brunch:** 20 Jul 03, 1000-1400.
  - **Mongolian BBQ:** 23 Jul 03, 1800-2000.
  - **Weekly Lunch Schedule:** Mondays-Lunch Special, Tuesdays-Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wednesdays-Santa Maria BBQ Buffet, Thursdays-Chicken and Ribs Buffet, and Fridays-Seafood Buffet.
- k. **Rod & Gun:** (30SVS/SVRR, 6-4560)
  - **Open Shoot:** Open Trap & Skeet shoot every Wed, Fri and Sat morning at 0830.
  - **Intramurals:** Season is underway. See your sports unit rep for details.
  - **Sporting Clays:** 2nd and 4th Sundays each month.
- l. **Services Center:** (30SVS/SVYR, 6-7976)
  - **Free Dance Lessons:** Wednesdays, 1830-2100. Free country-western line dancing lessons.
  - **Natural Knead Massage:** Custom gift baskets and gift certificates are available.
- m. **Skills Development:** (30SVS/SVRS, 6-6438)
  - **Classes & Workshops:** Woodworking, Ceramics, Stained Glass, Framing, and Auto Skills classes are available. Stop by for a complete schedule.
  - **Advanced Framing & Matting:** Thursdays, by appointment.
- n. **Swimming Pool:** (30SVS/SVRO, 6-3581)
  - **Lap Swimming:** Mon-Fri 0630-0800, 1045-1245, 1745-1900; Sat-Sun, 0800-0945.
  - **Open Swim:** Mon-Fri, 1300-1600; Sat-Sun, 1300-1700.
- o. **Youth Center:** (30SVS/SVYY, 6-2152)
  - **Vandenberg Flyers:** Cheerleading/Dance Team program for ages 4 and up. Sign up at the Youth Center.
  - **Missoula Children's Theatre:** 14 through 19 Jul 03. Production will be Tales of Hans Christian Andersen. Auditions to be held at the Youth Center on 14 Jul 03.
  - **Youth Soccer:** 21 Jul 03. Registration opens for the upcoming youth soccer season. Stop by the Youth Center Mon-Fri, 0700-1700 to sign up.

**Education Center:** (30MSS/DPHE, 5-5904)

**a. Air Force Institute of Technology (AFIT):** The AFIT Education Newsletter informs Air Force Officers of the advanced education programs offered by the Air Force for FY 04. This newsletter informs students of academic eligibility for AFIT programs, the application process, and the selection process. AFIT offers Master's Degree along with Doctoral programs. For more information, please contact the Education Services Office at 5-5904, or visit [http://rr.afit.edu/registr/reg\\_home.html](http://rr.afit.edu/registr/reg_home.html). POC: 30MSS/DPHE, Jacquelyn A. Estrada.

**b. Community College of Air Force (CCAF) Transcripts:** AF Forms 2099 will no longer be accepted from Active Duty, Guard or Reserve Members. Education counselors and students can order transcripts at <https://afvec.langley.af.mil/afvec>. Separated or retired individuals who are using VA Education Offices may still submit AF Forms 2099, along with a written request. CCAF will only accept civilian transcripts directly from civilian institutions. This should help eliminate lost transcripts and give students more control over the process. Students can then check the Web site to ensure transcripts were received and follow up with their education counselors. <https://afvec.langley.af.mil/afvec>. Students can order CCAF transcripts; view their progress report, CCAF transcript ordering history and CCAF receipt of civilian transcripts at <https://afvec.langley.af.mil/afvec>. POC Kathy Moran 605-5904.

**Computer Training:** (MCA, 6-3771)

**a. Personal Computer Systems Training:** Call for information and dates for our new classes, Adobe Acrobat Writer, Photoshop Elements, and Advanced Access. Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook Email Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg. 9360, MCA Engineers, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771 for more information, or e-mail: [lexi.schwartz@vandenbergh.af.mil](mailto:lexi.schwartz@vandenbergh.af.mil).

**b. Computer Tip:** MATCH THE LINES - When you draw AutoShapes in Excel, it's often best to line up the shapes with the lines that make up the cells. An easy way to do this is to hold down the Alt key while you draw a shape. To test this, run Excel and open a blank worksheet. If the Drawing toolbar isn't visible, choose View, Toolbars, and Drawing. With the Drawing toolbar available, click the Rectangle tool. Now press and hold the Alt key while you use the mouse to draw the rectangle. You'll find that the rectangle sides align perfectly with the lines that make up the worksheet cells.

**c. Upcoming Classes:** Following are classes scheduled for the next two weeks that have open slots:

Class	Date(s)	Time
Excel - Conditional Formatting	7/16	11:30-12:30
Photo - Special Effects II	7/18	11:30-12:30
Word 2000	7/21-23	13:00-16:00
Photoshop Elements	7/21-25	08:00-11:00
Excel - Filtering, Sorting and Subtotals	7/21	11:30-12:30
Photo - Working With Layers	7/23	11:30-12:30
Excel 2000 Advanced	7/24	13:00-16:00
Outlook Email Only	7/25	13:00-16:00
Internet Explorer - Tips and Tricks	7/25	11:30-12:30

**Note:** Walk-ins are always welcomed!

### Items For Sale

**For Sale:** 2000 Dodge Neon. Asking \$5,900. Call Jake at 734-0601 if interested.

**For Sale:** 2000 Red Nissan Frontier XE King Cab, great condition! Low miles, auto, ABS, Dual Airbags, CD premium sound, AC, Bed liner and Rear Slider. Asking \$11,500 or OBO. Contact Suwannee or Shawn at 735-1007 if interested.

**For Sale:** 1997 Mediterranean Blue Mazda Miata MX-5, soft convertible top, 51,000 miles, 4 cylinder, 1.8 liter, 5 speed manual transmission, CC, AC, PB, PS, PW, alloy wheels, cloth interior, dual front air bags, rear wheel drive, 1 year old tires. Brand new Pioneer AM/FM/CD/MP3 player, XM radio ready with detachable faceplate. Removable windscreen to control the wind sheer within the car. Asking \$9,500 OBO. Please call 734-0144 if interested.

**For Sale:** 1997 Toyota Camry LE, antique sage (gray), 4 cylinder, auto trans, power steering, power windows, power door locks, cruise control, AC, AM/FM/CD, alloy wheels, 94K miles. Great commuter car. Asking \$7,100 OBO. Call 349-7274 if interested.

**For Sale:** 1995 Dodge Avenger, power steering, power windows, power door locks, tilt wheel, cruise control, AM/FM stereo, dual front airbags, ABS, split/fold down rear seats, 4-spd auto with O/D. Asking \$3,200. Call Jim at 934-0832 if interested.

**For Sale:** 1998 Suzuki Swift, AC, AT, AM-FM-CD, 48,000 miles (low mileage). Asking \$4,000 or best offer. Call Juan or Sandra at 734-1897 if interested.

**For Sale:** 1999 Yamaha V-Star 1100 motorcycle, 12,000 miles, excellent condition, \$5,600 OBO. Call Juan or Sandra at 734-1897 if interested.

**For Sale:** 1991 Harley Davidson XL1200 Sportster. Windshield, Sport bob tank, newer seat, saddlebags, S&S carb, Crane Hi-Fire ignition. Comes with manuals, extra seat, and a few extra parts. Needs back tire. Bike has been weathered by our wonderful climate but doesn't affect the way it runs. Hard to find a running sporty this inexpensive. Asking \$4,500 firm. Call 734-1607 if interested.

**For Sale:** Recumbent stationary bike, 2 yrs old. Good condition. Asking \$50 OBO. Noah's Ark Nursery bedding includes comforter, bumper, 3 sheets, bed skirt, valance, changing pad, mobile and lamp. Asking \$50 OBO. Call 735-4102 if interested.

**For Sale:** Double reclining couch. Asking \$100 OBO, will help move. Call Jake at 734-2419 if interested.

**For Sale:** Couch and loveseat, color is blue, outstanding condition, hardly been used. Asking \$450 OBO. Four chair dining set, needs assembly, still in box, never been used. Asking \$100. Kettle-shaped BBQ grill, good condition. Asking \$50 OBO. Call 734-2417 if interested.

**For Sale:** Exercise Equipment Pro Form, Rebel Recumbent/Elliptical Cross trainer, \$100 OBO. Pro Form 965R indoor bicycle \$100. Sharp Carousel Convection Oven/Microwave. Asking \$200, really good condition. If interested call Yvette at 805-268-3965.

**For Sale:** Window blinds and carpeting that fit the older (on base) 4-bedroom homes (Arbor Drive). Carpeting is beige in color and will fit the living room and all four bedrooms. The blinds are white, custom, 2 inch, slat style blinds. Round oak dining table with removable 24" leaf; expands out to 72' oval; comes with four chairs. Call 734-2634 if interested.

**For Sale:** Moving Sale: everything goes; sofas plus end tables, Oak dining room set, china cabinet, crystal, two bedroom sets, 55" & 13" TVs, N64 plus games, PS1 plus games, kids videos, bicycles, total gym plus exercise equipment, Roland electronic piano and lots more items. Call Juan or Sandra for details at 734-1897 if interested.

**For Sale:** A 1 yr old bearded dragon lizard including a 49 gallon reptile aquarium, UVA/UVB light bulb w/holder, 10 gallon cricket aquarium and extra accessories. Asking \$250. For more information call Dan or Teresa at 734-1364.

**For Sale:** Quarter carat diamond, 10 karat gold wedding ring. Center stone with six smaller diamonds on each side and is size seven. Paid \$750 and asking \$250. Call 734-4985 if interested.